



QAI AWARD

EVOLVE

# Looking Good



**QAI Level 2**

**Personal Care**

**M2H14**



This is a Plain English  
Course Information Book



# Who can do this course?

This is a QQI Level 2 course.

This course is for anyone who wants to take care of how they look.

We can support you with communication, reading and writing.

We will use pictures, symbols and DVDs to help you learn.

This course will support you to look well and find your own style.

It will support you to be more independent.

Before you apply for the course, check you understand and are happy with:

- The learning goals
- The assessment you will have to do
- The time the course will take.



## How long will the course take?

This course will take around 25 class hours.

You will do work in class and some work at home.

This course is worth 5 credits.

The trainer will tell you how many weeks the course will be on for.

The trainer will tell you how long each class will last.

Ask staff in your centre for more information.



# What assessments will I have to do?

The assessment for this course is called a portfolio.

You keep all the work you do on the course in a folder.

This folder shows the information and skills you have learnt on the course.

Your work will be assessed at the end of the course.

This means your folder will be checked.

The people looking at your work decide it is good enough to pass or that you need to do some more work.

Your work will be assessed by:

- Your Trainer
- Another person from St. Michael's House
- A person from QQI



# What will I learn on this course?

On this course you will:

- Think about the things you do every day to keep yourself clean and looking good
- Find out why it is important to care for yourself every day
- Learn what happens if you don't care for yourself and keep clean
- Learn about different things you can use to help stay clean, healthy and looking good
- Set up and follow a plan to support you to look good
- Learn a skill to support you to care for yourself more independently
- List the things you own which are important to you. Say where you keep them and how you keep them safe
- Think about different styles and how people look. Find out about your own style and look.



## Where is this course on?

This course will be on in centres in St. Michael's House.

It may also be on in different places in the community.

Ask staff in your centre for information.

You can also contact Teresa or Paula for information.

Ring Teresa on 01 299 0565

Email: [teresa.gadd@smh.ie](mailto:teresa.gadd@smh.ie)

Ring Paula on 01 862 2458

Email: [paula.smytth@smh.ie](mailto:paula.smytth@smh.ie)



## How do I get a place on this course?

Ask staff in your centre for an application form.

Fill in the form.

Send it to Teresa in Goatstown or send the form to Paula in Santry Hall.